



ADULT PROGRAMS

Water Wake Up

11 Years & Up

Youth and adults can start the day out right and join this energetic morning workout. This workout will be held in upper waist to chest level water and will include water aerobics followed by toning and stretching.

Min/Max: 8/12 8 Classes

Instructor: Sally Lescher, USWFA Certified Instructor
Location : Woodstock Water Works
Fee: \$42 Resident/\$62 Non-Resident

Day/Time: Fri/7:00-7:45 am

Session **Program#**
 Jun 15-Aug 10 152061
 (Exc. 6/29)



Adult Golf Lessons

15 Years & Up

Take time for fun this summer and continue to improve your game with personalized golf lessons. Jim Buenzli and his staff at Boone Creek Golf Course keep it simple and work with all their students, developing individual techniques and abilities. Each class will consist of an introduction and instruction period, forty-five minutes of swing practice, and thirty minutes of short game practice. Instructors will focus on correct stance, grip, posture, aim, and swing. The proper rules and etiquette will also be covered. After these lessons, your game is sure to improve! The price includes unlimited practice balls! If you don't have a club, one can be provided upon request. Min/Max: 8/20 5 Classes

Instructor: Jim Buenzli, Mike Haase, or Staff
Location: Boone Creek Golf Club,
 6912 Mason Hill Road
Directions: Take Country Club Road east from
 Route 47. Turn left on Mason Hill Road.
 Go approximately 3 miles; the course is
 on the left.
Fee: \$78 Resident/\$98 Non-Resident

Day/Time: Mon/6:00-7:30 pm

Session **Program#**
 Jun 18-Jul 16 132011



Adult Tennis Lessons

18 Years & Up

Get fit and meet other players this summer in our tennis program. Beginners will learn the basics, including forehand/backhand strokes, body positioning, serving and scoring. More advanced players will continue to improve basic skills while refining their game. Players need to bring their racket and enthusiasm! Min/Max: 6/12 6 Classes

Location: Tennis Courts-Emricson Park
Fee: \$40 Resident/\$60 Non-Resident

Day/Time: Tue & Thu/7:00-8:30 pm

Session **Program#**
 Jun 12-28 132091

Day/Time: Tue & Thu/7:00-8:30 pm

Session **Program#**
 Jul 17-Aug 2 132092

High School Tennis Lessons

Grades 9-12

Get in shape and meet other high school players this summer in our high school tennis program. Beginners will learn basics such as forehand/backhand strokes, body positioning, serving and scoring. More advanced players will learn singles and doubles strategy as well as new shots and serves for the upcoming high school seasons. Players need to bring their racket and desire to improve.

Min/Max: 6/12 6 Classes

Instructors: Jeff Pierscionek and Cameron Cross
Location: Tennis Courts-Emricson Park
Fee: \$40 Resident/\$60 Non-Resident

Day/Time: Mon & Wed/7:00-8:30 pm

Session **Program#**
 Jun 11-27 132093

Day/Time: Mon & Wed/7:00-8:30 pm

Session **Program#**
 Jul 16-Aug 1 132094



ADULT PROGRAMS

Boot Camp

14 Years & Up



This intense exercise program integrates group as well as personal challenge in every class. Classes will be progressive moving toward new goals and difficulties challenging the mind as much as the body. Participants can expect to improve stability, flexibility, strength, and overall fitness. This class will use a circuit type format. Participants need to be free from medical dispositions and pre-existing

conditions. Min/Max: 8/20 16 Classes

Instructor: Sonny Sicurella and Dot Schnering
Fee: \$25 Member of Recreation Center
\$75 Non-Member of Recreation Center

Day/Time: Mon & Wed/9:00-10:00 am

Location: Recreation Center Gym
Session **Program #**
Jun 4-Jul 30 132151
(Exc. 7/4)

Day/Time: Mon & Wed/6:00-7:00 pm

Location: Emricson Park-Meet at parking area
above the Sledding Hill
Session **Program #**
Jun 4-Jul 30 132152
(Exc. 7/4)

Adult Tae Kwon Do/Karate

16 Years & Up

Adults of all ages and abilities will enjoy the benefits of Tae Kwon Do and Karate. You will gain a positive self-image, confidence, discipline and agility while improving overall fitness. Classes will consist of learning leg and hand techniques in a safe, controlled environment. The student will learn Martial Arts forms to simulate fighting off multiply attackers without contact in the class. Self-defense is also included in the lessons and in a very controlled and safe manner. Sparring is available with proper safety equipment but not required. This class is looking for friendly people who want to get in shape and learn self-defense. All levels are welcome. Min/Max: 18/20 11 Classes

Instructor: John Byard, 5th Degree Black Belt
Asst Instr.: Courtney Cross, 3rd Degree Black Belt
Location: Recreation Center Multi-Purpose Room
Fee: \$72 Resident/\$92 Non-Resident

Day/Time: Mon/6:30-7:30 pm
Session **Program #**
Jun 11-Aug 27 132081
(Exc. 7/2)

Gentle Exercise with Parkinson's Disease

Regular exercise is essential for those with Parkinson's disease. This gentle class will include strengthening, stretching and balancing exercises to improve safety and the quality of functional mobility activities. Not only will you gain the health benefits of exercise; you will also share the experience with other people with PD. Care partners are welcome to attend free of charge. Min/Max: 5/12 5 Classes

Instructor: Cindy Robson AFAA Certified
Group Fitness Instructor
Location: Recreation Center-Aerobics Floor
Fee: \$36 Resident/\$54 Non-Resident

Day/Time: Wed/11:00-11:45 am
Session **Program #**
May 30-Jun 27 132171

Day/Time: Wed/11:00-11:45 am
Session **Program #**
Jul 11-Aug 8 132172

Day/Time: Wed/11:00-11:45 am
Session **Program #**
Aug 15-Sep 12 132173



Woodstock Water Works ADULT LAP SWIM HOURS (beginning June 2)

Mon -Fri 6:00-7:00 am (8 lanes)
Mon-Fri 7:00-7:30 am (6 lanes only)
Mon- Fri Noon-1:00 pm (8 lanes)
Sat & Sun 11:00 am-noon (8 lanes)
July 4 11:00-noon



ADULT PROGRAMS



Mindful Power Gym 13 Years & Up

This is a great conditioning class for athletes, teens and adults of all fitness levels. Challenge the body and the mind with endurance and strength training techniques utilizing adjustable barbells and dumbbells, core training exercises from pilates and stretching will improve overall flexibility. Min/Max: 10/16 12 Classes

Instructors: Cindy Robson, AFAA Certified Group Fitness Instructor/Yogafit Instructor
Dot Schnering, Certified Personal Trainer
Location: Recreation Center-Aerobics Floor
Fee: \$48 Resident/\$68 Non-Resident

Day/Time: Wed & Fri/12:15-1:15 pm

Session	Program #
Jul 11-Aug 17	132211

Mom and Baby Yoga Babies 8 weeks until Walking

Transform the body, renew the mind, and refresh the spirit with this postpartum Yoga class designed for mom and baby. This safe and gentle Yoga will help increase muscular strength and endurance, improve flexibility and introduce breathing techniques for relaxation. Moms and babies will enjoy this concentrated time together. Please wear comfortable, layered clothes and bring a blanket and car seat/ baby seat. Min/Max: 6/8 6 Classes

Instructor: Cindy Robson, AFAA Certified Group Fitness Instructor/Yogafit Instructor
Location: Recreation Center Multi-Purpose Room
Fee: \$46 Resident/\$66 Non-Resident

Day/Time: Fri/8:00-9:00 am

Session	Program #
Jul 13-Aug 17	132131

Stroller Strides Parents and Children in Strollers

Are you a new parent looking to get in shape and meet other new parents? Then Stroller Strides is your solution! This is a total fitness program that moms or dads can do with their children. Stroller Strides class will consist of a power walk combined with body sculpting exercises using exercise tubes. In 60 minutes you will get a total body workout improving your cardiovascular endurance, strength and flexibility. Perfect for people of all fitness levels; you create your own intensity. Please bring your own stroller and a towel or mat for ground exercise. Scheduled play dates and Moms' Night Out events will be planned. Visit our website at www.strollerstrides.net/woodstock Min/Max: 1/25

Instructor: Ina Weiskopf
Location: Main Pavilion-Emricson Park
Inclement Weather Location-
Recreation Center Gym

Day/Time: Tue & Thu/9:30-10:30 am

Session: May 22-Jul 12 (Exc. 6/12, 14)

Fee	Program #
Full Class Pass	132161
(14 Classes)	
\$90 Resident/ \$110 Non-Resident	
<i>(Valid for current session ONLY)</i>	

10 Punch	132162
\$72 Resident/ \$92 Non-Resident	
<i>(Valid for current session ONLY)</i>	

Session: Jul 17-Aug 30

Fee	Program #
Full Class Pass	132163
(14 Classes)	
\$90 Resident/ \$110 Non-Resident	
<i>(Valid for current session ONLY)</i>	

10 Punch	132164
\$72 Resident/ \$92 Non-Resident	
<i>(Valid for current session ONLY)</i>	

